

## SUPPORTING YOU



Do you look after someone who has **long term illness, disability, or mental illness**? If you answered yes please get in contact with us by filling out this form (and get one of your parents or your next-of-kin to sign it) and send it back to us. We can then let you know when we are having an event or when we have news. If you would like to chat to someone about your caring role, or would like advice or a listening ear then please call our CareLine on 1800 247 247, or [email](#) our agony aunts and uncles.



Information for ...

[Young Carers »](#)

Age 5-11



- ★ [how we can help »](#)
- ★ [fun time for me »](#)

Information for ...

[Young Carers »](#)

Age 12-18



- ★ [help & support »](#)
- ★ [events & activities »](#)

Information for ...

[Researchers & Teachers »](#)



- ★ [who are young carers »](#)
- ★ [how you can help »](#)

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Information for ...

**Young Carers »**

Age 5-11

- ★ how we can help »
- ★ fun time for me »
- ★ meet other young carers »

**Young Carers »**

Age 12-18

- ★ help & support »
- ★ events & activities »
- ★ social networking »

**Researchers & Teachers »**

- ★ who are young carers »
- ★ how you can help »
- ★ studies & reports »

### EVENTS SEPTEMBER 2012

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	There are multiple events on this day		
17	18	19	20	21	22	23
24	25	26	27	28	29	30

«« prev      current month      next »»

### OUR SUPPORTERS



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# SUPPORTING YOU

You are here: [Home](#) > [Researchers & Teachers](#) > [How You Can Help](#)



## HOW YOU CAN HELP

- ★ [Refer a Young Carer](#)
- ★ [Resources for Schools](#)
- ★ [Resources for Teachers](#)

Do you look after someone who has **long term illness, disability, or mental illness**? If you answered yes please get in contact with us by filling out this form (and get one of your parents or your next-of-kin to sign it) and send it back to us. We can then let you know when we are having an event or when we have news. If you would like to chat to someone about your caring role, or would like advice or a listening ear then please call our CareLine on 1800 247 247, or [email](#) our agony aunts and uncles.

- How You Can Help
- Refer a Young Carer
- Resources for Schools
- Resources for Teachers
- Studies & Reports
- Who Are Young Carers

Class Plans & Activities | youngcarers.ie | Young Carers - Opera

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Class Plans & Activities | ... x

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# SUPPORTING YOU

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Do you look after someone who has **long term illness, disability, or mental illness**? If you answered yes please get in contact with us by filling out this form (and get one of your parents or your next-of-kin to sign it) and send it back to us. We can then let you know when we are having an event or when we have news. If you would like to chat to someone about your caring role, or would like advice or a listening ear then please call our CareLine on 1800 247 247, or [email](#) our agony aunts and uncles.

**How You Can Help**

- Refer a Young Carer
- Resources for Schools
- Resources for Teachers
- Class Plans & Activities
- Case Studies

## CLASS PLANS & CLASSROOM ACTIVITIES

- ★ Cartoons: Jack and Sarah's Stories
- ★ Videos: 'A day in the life' – Video diaries from Young Carers in Ireland
- ★ [Case Studies](#) - This section includes seven young carer case studies which can be used by both primary and secondary pupils as a basis for the following activities:
- ★ [Case study response](#)
- ★ [A day in the life of a young carer](#)
- ★ [Challenges map](#)
- ★ [Best friend letter of support](#)
- ★ [Young Carer letter](#)
- ★ [Role play for an assembly or drama lesson](#)
- ★ [What's the answer?](#)
- ★ Also [Top ten tips for peers](#)

**Aim**

To help pupils:

- ★ Explore in detail what a young carer does.
- ★ Understand better the problems and concerns that a young carer may be experiencing.
- ★ Identify ways in which they may be able to help someone who is a young carer.

These activities will enable both primary and secondary pupils to identify the roles and responsibilities some young carers take on and to reflect on how these might impact on the young carers lifestyle, health and well being.

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# Forum rules

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## What is ok, and what is not...

POSTREPLY ↩

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### What is ok, and what is not...

□ by [admin](#) » Thu Jul 19, 2012 9:55 am

The Young Carers forum is for young people aged 18 and under in Ireland who help to look after someone in their family. By registering with us, you are confirming that you are in this group.

#### RULES RULE

These rules rule because we want to make sure everyone using the forums is able to use them safely, and enjoy them.

#### RULE 1 - HAVE MANNERS

Let's not use language in a way that can upset or hurt other people's feelings. Our forums are a safe place for us to share our thoughts, feelings and experiences, and a space for us to support each other.

Racist, sexist, bullying language and angry language is not tolerated. EVER!

#### RULE 2 - RESPECT EACH OTHER

Remember! What you say can have an influence on others (especially the younger ones). With this in mind, we ask you not to discuss ways of harming yourself, such as self harm, suicide and extreme dieting as it can negatively affect other users.

Forums are a great way to learn about other people's views and opinions. Please respect everyone's right to an opinion. It is OK to disagree with someone, but it's not OK to attack someone.

#### RULE 3 - LOOK OUT FOR EACH OTHER

Contact us immediately if you read something on the forum that worries you or makes you suspicious.

#### RULE 4 - PROTECT YOURSELF

NEVER try to tell anyone:

- Your real name
- Where you live
- Your phone number
- Your email, messenger, blog address
- Your family's name(s)
- Your birthday

Remember! We never know if someone is who they say they are on a website.

#### Breaking the rules...

If we find that you have broken the rules we will remind you of the rules, we may edit your messages and may stop you from using the forum or ban you from using the site.

Messages and chat posted by users on this site are in no way endorsed by The Carers Association.

The Moderators?

The moderators of this site are employees of The Carers Association and have full Garda Clearance.

**admin**  
Site Admin

Posts: 1  
Joined: Mon Jun 25, 2012 3:18 pm



# Forum topics

- I'm new to this
- Who I care for
- Caring tips I would like to share with you
- Creative Corner
- Anything else...
- 'Rant and Rave'

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